

**Remember: You are solely responsible** for any banned substance you use or that is found in your system, **regardless of how it got there and whether there was an intention to cheat or not.**

**If you compete in BUCS or NGB competitions, you could be tested!**

### Do you know what's on the list?

The WADA prohibited list is published each October and implemented in January. It sets out the substances and methods prohibited in sport

<https://www.ukad.org.uk/violations/whats-banned-sport-prohibited-list>

### Do you need to take the supplements?

Assess the need, assess the consequences and access the risk. Check supplements using [www.informed-sport.com](http://www.informed-sport.com)

You should check each item you buy.



### Are you sure your medications are free of banned substances?

You can check all your medications are free of banned substances online using [www.globaldro.com](http://www.globaldro.com)



### Do you know the different Anti-doping Rule Violations (ADRV)?

Do you know there are 10 ADRVs and they don't just cover taking a banned substance?

Read the full list at [www.ukad.org.uk/violations](http://www.ukad.org.uk/violations)

### What is a TUE?

Therapeutic Use Exception

In some cases, an athlete with a legitimate medical condition may need to use a prohibited substance or method if there are no other suitable permitted medications or treatments they can be used. In this case they will need to apply for a TUE.

### Noticed or heard of any suspicious behaviour?

If you're concerned doping may be taking place, you can share your concerns, however small they seem, in confidence with UK Anti-Doping

Report anonymously, 24hr a day by calling 08000 32 23 32 or [intelligence@ukad.org.uk](mailto:intelligence@ukad.org.uk)

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[www.teambath.com/cleansport](http://www.teambath.com/cleansport)

